

HALIFAX

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NEWS  
WORTH  
SHARING.**#NotGuilty?**

A Nova Scotia researcher found people following a trial on Twitter were more likely to be skeptical of a guilty verdict

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**Councillors want action on pondweed issue**

A motion will be tabled at council requesting a report on options

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**Saunders' family waits on judge's ruling**

Judge to decide whether suspects will face first-degree murder charges at trial

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**AIN'T NO BURGER LIKE A GOAT CHEESE BURGER**

AND ADDING SOME SUN-DRIED TOMATOES WOULDN'T HURT. CHECK OUT THE 20-MINUTE RECIPE

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**SPRAY IT, DON'T SAY IT**

Spray paint artist Dan Remus took advantage of the summery weather Sunday to paint a section of wall along Creighton Street. Temperatures in the region reached 25 C but the area also saw some rain showers roll in. JEFF HARPER/METRO

**'Four sheets of ice and that's it'**

**Council.** Halifax councillor, HFCA chair against closing the Forum to make way for new four-pad



**HALEY RYAN**  
haley.ryan@metronews.ca

The future of the Halifax Forum could be decided this Tuesday, and the area councillor is hoping her colleagues will reject a proposal to close the facility and instead support the "unique and really important" changes put forward by the Halifax Forum Community Association (HFCA).

A city staff report recommends closing the Forum and selling the land to help offset the cost of a new facility at CFB Halifax in Windsor Park.

"The opportunities and resources would be very different," Coun. Jennifer Watts said about the CFB's proposed

**Quoted**

**"It's beyond us now. We've done everything we can."**

George Findlay, chair of the Halifax Forum Community Association.

four ice rinks, three of which would be for public use. "They don't have the space for the larger arena seating. Their locker rooms at this point are ... quite limited," she said.

HRM's share of the \$45-million construction cost for the four-pad would be about \$33.8 million over two years. The HFCA has developed a \$39-million proposal to refurbish the Forum, add a gymnasium, third ice surface, and expand the existing Forum and civic rinks to NHL size.

Watts said since there would be the same number of public ice rinks created in both proposals, it would be best to renovate the Forum because it also includes a 4,500-seat arena, community bingo, and future gym space which is "difficult to find" on

the peninsula.

"There's several things being offered which I think are unique and really important," Watts said.

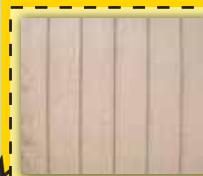
George Findlay, HFCA chair, said Sunday their group was feeling "very positive" council would reject the proposed four-pad.

"If they give up the Forum, they're giving up a community centre for what? Four sheets of ice and that's it," Findlay said.

He said the four-pad proposal "doesn't make sense" for the community because the military could decide to close a rink without notice. He also said there are "unanswered questions" around how the lease would work, and who would own the facility after it closed.

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## Report. HRM staff recommend selling off Khyber Centre for the Arts

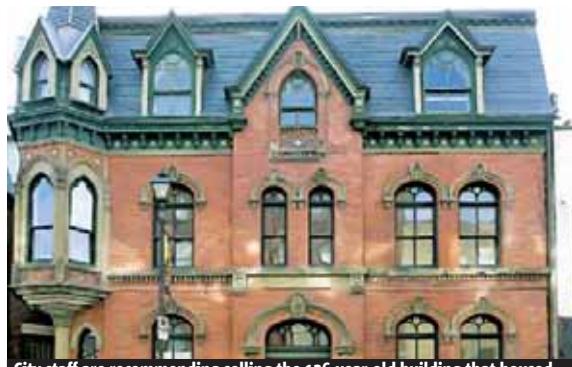
Seven months after the Khyber Centre for the Arts was abruptly shut down to remove asbestos uncovered by renovations, city staffers are recommending putting the 126-year-old building up for sale.

In a report coming to regional council Tuesday, staff are recommending 20 properties be declared surplus, including the Khyber Arts Society's home at 1588 Barrington St.

The report says the building, erected in 1888, is in poor condition and has a value of \$1.35 million.

Recapitalization is estimated at \$4.15 million, and the report says area councillor Wayne Mason is asking staff to see what repairs are required to keep the facility "in support of arts and cultural programming."

HALEY RYAN/METRO



City staff are recommending selling the 126-year-old building that housed the Khyber Arts Society until this past January. METRO FILE

### Council

#### Changes urged to municipality burning bylaws

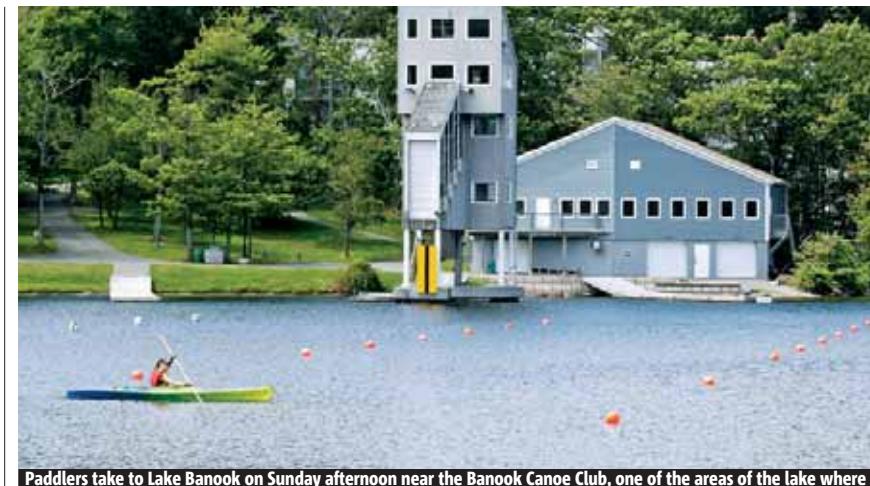
City staff are recommending changes to HRM's burning bylaws that will reflect changes made to provincial bylaws.

The Department of Natural Resources recently introduced new forest fire protection regulations that eliminate a permit system for open-air burning. Instead, the department uses online notifications to identify each

day as a burn day, restricted burn day or non-burn day. Burning is permitted under specific conditions on burn or restricted burn days.

A staff report going to regional council Tuesday recommends adopting the same system in order to eliminate residents' confusion about when burning is or isn't allowed.

Other recommendations include changing the effective dates of the bylaw to match the provincial regulations, and applying the required 305-metre buffer from woods throughout the entire municipality. METRO



Paddlers take to Lake Banook on Sunday afternoon near the Banook Canoe Club, one of the areas of the lake where underwater weeds have proliferated. JEFF HARPER/METRO

## 'We have to do something'

**Overgrowth.** Dartmouth councillors call for further information on pondweed problem

Two Dartmouth councillors are looking for some feedback and possible solutions for a growing problem in Micmac and Banook lakes.

Councillors Gloria McCluskey and Darren Fisher will table a motion in regional council Tuesday requesting a staff report outlining all short-term and long-term options in a recent Stantec study on pondweed overgrowth in Lake Banook, and provide council with recommendations and budget implications.

"We know (the weeds) are bad," McCluskey said on Sunday. "All you have to do is ask the paddlers."

The Stantec report states that based on data gathered last November, the pondweed overgrowth was likely caused by "sediment enrichment" as a result of urban sediments settling into the lake.

Both lakes showed a trend of increasing sodium, chloride and total phosphorus compared to studies done in 1980.

"It was surprising to me," McCluskey said. "We kept thinking fertilizers and stuff like that — it's not, it's sediment and gravel."

The report also said the lowering water levels in 2009 likely altered the existing ecology and sediment, providing places for new species to take hold.

McCluskey said the weeds are creating issues for paddlers, and it's beginning to get "a little dangerous for swimmers" caught up in the plants.

The Dartmouth councillor

said they're quite high, and added she pulled out one last year that was about six feet long.

"We have to do something or we're going to lose our lake," McCluskey said.

The report assesses a few solutions like herbicide, dredging up the sediment, or harvesting and disposing of the weeds.

McCluskey said she's "certainly not for herbicide" or draining the lake, but she wants to find out the costs of renting a weed harvester or hiring someone to do the job every year.

Besides removing the weeds in the short term, a "perfect idea" would be to create a wetland on a part of the lake and allow any runoff carrying chemicals or sediment to get filtered out, McCluskey said.

HALEY RYAN/METRO



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NEWS

# Pride Parade rocks downtown

## 'More variety now'

Thousands turn out for 27th annual event boasting something for everyone

BRAEDON  
CLARK  
halifax@metronews.ca

No matter where you were in downtown Halifax on Saturday afternoon, you weren't far from the 27th annual Pride Parade.

A painter watched the festivities while leaning on a ladder. A young cook stuck his head out for a quick peek as the parade rolled on by. Dozens watched from restaurant patios along Spring Garden Road, many waving rainbow-coloured flags and cheering.

Thousands upon thousands of people lined the streets as the parade made its way down Barrington Street and other major thoroughfares. By the

## Pride ... march?

### 1988

The first year a Pride parade — actually a march — was held in Halifax. This year was the 27th annual.

time it reached Reggie Flaherty and Priscilla Gaudete, standing in front of the McDonald's on Spring Garden Road, the energy was palpable.

"This is just lovely," Gaudete said.

Flaherty added that he had seen more than 20 parades, and the changes have been for the better.

"There's more variety now, and no age barrier," he said.

At that moment the Lord Nelson float, featuring several muscular men wearing little more than black vests, drove by.

"Yeahhhhhh!" Flaherty yelled with enthusiasm. "That's one of the best ones we've seen."

Further up the parade route, on a quieter section of Bell Road, a group of friends watched from the sidewalk. Like almost everyone there, they seemed to be having a great time.

"The music has been wonderful," said Kailyn MacDonald, with a rainbow painted on her cheek.

Even a little further up Bell Road, across from the green oasis of Citadel Hill, was indisputable evidence that the parade has been endorsed by some of the city's most powerful institutions: Police officers wearing rainbow-tinged necklaces and a group representing the Liberal Party of Nova Scotia.

City, provincial and federal politicians all took part in the parade this year.

Even the dogs love Pride. Among several sights that made you do a double-take — and one of several canine participants — was a Great Dane dressed up in pride colours, sporting multi-coloured nails.



Hundreds of people of all ages, genders and occupations took part in the 27th annual Pride Parade through downtown Halifax on Saturday — and thousands more turned out to cheer them on. BRAEDON CLARK/METRO

# Africville scholarships awarded to two top students



Africville Heritage Trust scholarship award winners Channing Wright, left, and Anthony Carvery. KRISTEN LIPSCOMBE/METRO

Africville Heritage Trust scholarship winner Anthony Carvery is amped about electricity.

So he worked hard through high school to earn a spot in the electrical construction and industrial certificate program at the Nova Scotia Community College.

"He has been interested in working with electricity from a very young age, when he hooked up blue LED lights to a friend's three-wheeler," Africville Heritage Trust executive director Sunday Miller said just before presenting him with a giant \$1,000 cheque.

Those gathered for the 31st annual Africville Genealogy Society Church Service Sunday applauded for Carvery, one of two winners this year. The scholarship fund was established last year for descendants of former Africville residents who are pursuing post-secondary education.

Carvery, 18, and Channing Wright of Cole Harbour received their awards at Seaview Park during the society's annual summer picnic and reunion.

"It means a lot to get this from Africville, considering

## \$100,000 donation

The Africville Heritage Trust scholarship awards program is made possible through a \$100,000 donation from Waterbury Newton Law Firm, a portion of the legal fees received in settling a lawsuit against the former City of Halifax.

my grandparents lived here," said Carvery, who was a junior leader at the Boys and Girls Club of Sackville.

Wright also wants to "make a difference in his community," Miller told the crowd.

"(He) has been able to achieve high marks while holding down a part-time job," she said, adding his volunteer work includes teaching basketball to the Little Dribblers at the East Preston Recreation Centre.

Wright, 18, will be taking the bachelor of arts program at Saint Mary's University.

"It's very humbling," Wright said, adding his main goal is to "just to give it my all." KRISTEN LIPSCOMBE/METRO

## Herring Cove Road

### Woman charged after fatal collision

A 61-year-old woman has been charged in connection with a fatal collision that occurred last month.

A motorcycle and a minivan collided in front of 517 Herring Cove Rd. around 2 p.m. June 17. The motorcycle driver, a 67-year-old man, sustained life-threatening injuries and later died in hospital. Halifax police say the 61-year-old female driver of the minivan from Halifax has been charged with changing lanes unsafely. METRO

## Plymouth

### Missing teen found safe: Police

Pictou County RCMP say they have found a 17-year-old girl missing from Plymouth.

Shelly-May Barber had last been seen on July 18 in Plymouth. She was in contact with family and friends, but police turned to the public for help when her whereabouts couldn't be established.

A release from the RCMP Sunday evening said Barber has been located, safe and sound. METRO

## Yasmine Market

### Robbery on Agricola Street leads to arrest

A 26-year-old man is due in provincial court Monday after a robbery at the Yasmine Market on Agricola Street.

Police say a man entered the store around 10:20 p.m. Friday, threatened the clerk and then ran out carrying the cash register.

The clerk chased after the man, who dropped the register and kept running. Police arrested a suspect a short time later. METRO

## Coburg and Robie

### Woman hit on crosswalk

Police say a 22-year-old woman was hospitalized "for precautionary reasons" with non-life threatening injuries after she was hit while using a crosswalk Saturday.

The accident happened around 12:30 p.m. at Coburg and Robie as the pedestrian was crossing Robie Street in the marked crosswalk. A 36-year-old woman has been issued a ticket for failing to yield to a pedestrian in a marked crosswalk. METRO

## Serious injuries

### Man and woman in motorbike crash

Two people were seriously injured in a motorcycle collision in Dartmouth on the weekend.

Halifax Regional Police responded to the accident on Windmill Road at Lyle Street Friday afternoon.

Police say a motorcycle carrying a male and female hit the curb, causing both of them to be ejected from the bike.

They were both taken to the QE2 in Halifax with serious injuries. The investigation continues. METRO

## Fundraiser upcoming

### Rise Again, at the Metro Centre

Stanfest organizers are holding a concert at the Halifax Metro Centre in August in an effort to offset the "financial setbacks" suffered by the festival's cancellation in early July.

A release says Stanfest performers Dave Gunning, J.P. Cormier, Joel Plaskett and Laura Smith will join many others for Rise Again — The Show Must Go On, set for Aug. 20.

Tickets to Rise Again are available at ticketatlantic.com. METRO



Family of Loretta Saunders leave the courtroom during a preliminary inquiry last week in Halifax. JEFF HARPER/METRO

# Ruling looms on future of trial in Saunders death

**Preliminary hearing adjourned.** Two accused currently face charges of first-degree murder

## Recovery

### "It's time for healing now."

James Saunders, brother of victim Loretta Saunders

A Halifax judge will rule this week on whether the two people accused of killing university student Loretta Saunders will be tried for first-degree murder.

The Crown and lawyers for the two accused presented their final arguments in provincial court to Judge Anne Derrick last Friday.

Saunders' sister Delilah said the family can do little now but wait and take care of each other.

"I guess we just try to wait for the decision and try to keep Loretta's memory alive," she said outside the courtroom Friday, as her brother James wrapped his arms around her.

Blake Leggette, 26, and his 28-year-old girlfriend Victoria Henneberry are charged with first-degree murder in Loretta Saunders' death.

The 26-year-old Inuit woman from Labrador was reported missing from her Halifax apartment in February. Her body was found in a wooded area off the Trans-Canada Highway in New Brunswick about two weeks later.

More than a dozen of the woman's family members, loved ones and supporters attended the week-long preliminary hearing.

THE CANADIAN PRESS

# Twitter users skeptical of murder conviction, says local researcher

It's a fact of life in modern courtrooms: journalists tapping away at their smartphones, providing a play-by-play of what the judge, witnesses and lawyers are saying and doing.

But how much does all of that tweeting matter to those following the trial?

Dr. Margo Watt, a professor of psychology at St. Francis Xavier University, found a perfect case study in the trial of Chris Falconer, who was convicted in the 2011 murder of Amber Kirwan.

"It seemed like people who were following the case on Twitter had a different perspective on it than those who read the papers or watched the coverage on TV," Watt said.



Chris Falconer, who was convicted in the 2011 murder of Amber Kirwan. METRO FILE

Watt recruited 500 participants for her study and found that the more people followed the case on Twitter, the more likely they were to

be skeptical of the guilty verdict and the evidence against Falconer.

Many of the most frequent users of Twitter were also well aware of Falconer's criminal history, a fact that would normally predispose someone to believe in his guilt.

Regardless of the users' perspective, Watt said the level of engagement on Twitter was positive.

"If we can get people more educated and informed in the legal process, that's a good thing," she said.

The research has already been published in a textbook, and Watt is hoping that it will soon grace the pages of an academic journal as well.

BRAEDON CLARK/FOR METRO

## Cabot Trail

### Two injured in motorcycle crash

Two people are in hospital following a motorcycle crash on the Cabot Trail near Belle Cote early Saturday evening.

RCMP say a 46-year-old male driver lost control of the bike around 6:30 p.m. He and a 46-year-old female passenger were taken to Inverness hospital, and the woman was flown to Halifax with serious injuries.

The two are from Grand Falls, N.L., and were travelling in a group of several bikes. Police believe speed was not a factor. CAPE BRETON POST

## 'Cancellation fee'

### Charges laid after haircut robbery

Two people are facing charges after a man was robbed when he showed up for a haircut in Dartmouth.

The 23-year-old went to a Hastings Drive address around 3 p.m. after making an appointment.

When he got there, a man and woman told him he wouldn't be getting a haircut and would have to pay a cancellation fee.

When the victim refused, the man robbed him of cash at knifepoint. The victim left and called police, who soon arrested two people. METRO

## Port Hawkesbury

### Cops seek help finding flasher

RCMP in Nova Scotia are seeking the public's help in finding a man who flashed three groups of girls in less than an hour.

The man, described as a white male between 25 and 30 years old, exposed himself to the girls at the Port Hawkesbury Waterfront on Thursday night. The man did not make contact with any of the girls.

Police have increased patrols in the area and are asking anyone who may have witnessed what happened to come forward.

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# Israel, Hamas exchange fire during temporary truce time

**Gaza crisis.** Each side blaming the other for scuttling ceasefire efforts ahead of Muslim holiday marking end of Ramadan

Israel and Hamas launched new attacks Sunday in the raging Gaza war, despite each side offering different truces to temporarily halt nearly three weeks of fighting ahead of a major Muslim holiday.

After initially rejecting an Israeli offer Saturday for a 24-hour truce, Hamas said Sunday it agreed to hold fire ahead of the Eid al-Fitr holiday marking the end of the Muslim fasting month of Ramadan. But as Israel's Cabinet met to discuss the offer and the ongoing war, rockets



A Palestinian doctor treats three-day-old Shaymaa al-Sheikh Ali at Nasser Hospital in the Gaza Strip Sunday. The baby's mother, who was killed by shrapnel from an airstrike, posthumously gave birth by C-section. EYAD BABA/THE ASSOCIATED PRESS

rained down on southern Israel and Israeli strikes could be heard in Gaza.

Each side blamed the other

for scuttling the efforts.

Hamas said that "due to the lack of commitment" by Israel, it resumed its fire. Is-



Warrant Officer Rami Cahlon's brother cries over his grave during a funeral in Hadera, Israel, Sunday. Cahlon was injured during fighting in Gaza and died four days later. ODED BALILY/THE ASSOCIATED PRESS

raeli Prime Minister Benjamin Netanyahu said that Hamas showed it could not be trusted after it violated other cease-

fire efforts.

"Israel is not obliged and is not going to let a terrorist organization decide when it's

convenient to fire at our cities, at our people, and when it's not," Netanyahu told Fox News Sunday.

International diplomats had hoped a temporary lull could be expanded into a more sustainable truce to end the bloodshed and UN chief Ban Ki-moon urged the sides on Sunday to accept a 24-hour break in fighting.

The 20-day war has killed more than 1,030 Palestinians, mainly civilians, according to Palestinian health officials. Israel has lost 43 soldiers, while two Israeli civilians and a Thai worker were killed by rocket and mortar attacks from Gaza.

Each side remains far apart on terms for a final ceasefire. Hamas has demanded that a crippling blockade of Gaza be lifted and Israel has asked that Gaza be demilitarized.

THE ASSOCIATED PRESS

## Broken bones, ear-nose-throat top residential school claims

The vast majority of claims filed by Indian residential school survivors seeking extra compensation for medical injuries are for hearing loss, respiratory illnesses and broken bones.

The Indian Residential Schools Adjudication Secretariat — an independent body which helps resolve long-standing claims that address specific abuse of survivors — says just over 1,000 medical assessments completed so far focus primarily on ear, nose and throat ailments, as well as broken bones.

Marie Wilson, commissioner for the Truth and Reconciliation Commission, said lasting injuries are not surprising, given the way residential school students were treated.

"We have had many, many people talk to us about the physicality of the punishment, which often was a cuff on the ear or being pulled by the ear or being dragged across the room by the ear," she said in an interview.

"People talked to us about hearing loss that came with being whacked at the side of the head. That seemed to have been something that happened on a very common basis at some of the institutions," she said.

"There were a number of

### Proposals

A request for proposals put out by the secretariat says 60 per cent of the assessments involve the ears, nose and throat, while 21 per cent involve orthopedics. Secretariat spokesman Michael Tansey confirmed the figures, but said no one could comment further on the nature of the claims.

accounts of children being very severely physically treated, including sometimes being thrown downstairs or shoved downstairs."

About 150,000 First Nations, Inuit and Metis children were taken from their families and forced to attend the government schools over much of the last century to "take the Indian out of the child." The last school closed outside Regina in 1996.

The federal government formalized a \$1.9-billion compensation package for former residential school students that offers a base payment. Those who experienced sexual or physical abuse can pursue additional compensation through

the independent secretariat.

Unlike testimony given to the Truth and Reconciliation Commission, secretariat hearings are strictly confidential. An Ontario judge is mulling over whether that private testimony should be destroyed once a claim is paid out.

Many of the former students who testified before the commission talked about being exposed to the elements without proper clothing, which could explain some of the injuries, Wilson said. Some students had extreme frostbite, inflamed ears and bleeding from the ears as a result of their exposure, she said.

"Many children talked to us about being extremely cold, being underdressed, trying to get back into the school, the doors being locked and not being allowed back in until the designated recess or lunch time was over."

Because Canada has taken so long to address this part of its history, survivors with a claim are aging. There's now a debate over whether their medical condition is the result of a childhood injury received at a residential school or just part of aging, Wilson said.

THE CANADIAN PRESS

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## Genoa port for scrapping. Cruise liner wreck reaches final destination

The shipwrecked Costa Concordia cruise liner completed its final journey, reaching Genoa on Sunday where it will be scrapped.

Pulled by tugboats and nudged by winds, the ship was eased into the port in this northwestern Italian city. The Concordia struck a reef when its captain sailed too close to Giglio Island off Tuscany's coast Jan. 13, 2012, and the ship capsized, killing 32 people.

A spectacular operation set the ship upright in September 2013. On Wednesday, tugboats towing the wreck began the slow, five-day journey to Genoa, headquarters of ship owner Costa Crociere SpA and the port where the luxury vessel first set sail, after construction in 2005.

"Our big ally has been the ship," said Franco Gabrielli, the Italian government official overseeing the operation. "The vessel has shown an impressive robustness."

Capt. Gianluca D'Agostino, Giglio's coast guard commander, told Sky TG24 TV

the 180-nautical-mile voyage from Giglio to Genoa went so smoothly that one night, crews in a control room attached to the Concordia lit up the lights along the uncrushed side as if it were making one last Mediterranean cruise.

Environmentalists had worried the Concordia might pollute the marine sanctuary along its route, which passed close to the specially protected tiny isle of Montecristo.

D'Agostino said monitoring by spotter planes and samples of seawater found no pollution.

The luxury liner struck a reef when its captain sailed too close to Giglio Island off Tuscany's coast Jan. 13, 2012, and the ship capsized, killing 32 people.

Ship captain Francesco Schettino is being tried for alleged manslaughter, causing the shipwreck and abandoning the boat with many passengers and crew still aboard.

The wreck will be searched in hopes of finding the remains of an Indian waiter, the only body never found.

THE ASSOCIATED PRESS



The wreck of the Costa Concordia cruise ship is towed by tugboats towards Genoa's harbor, Italy, Sunday. ANTONIO CALANNI/THE ASSOCIATED PRESS

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THE ASSOCIATED PRESS

# Harper's vision: Less on feminists, more on wars

**Thérèse Casgrain award mothballed.**  
First female leader of a political party

The Harper government has spent millions to commemorate the War of 1812 and other episodes from Canadian history, but has also erased at least one inspiring piece of the past.

Thérèse Casgrain, a feminist icon and Quebec heroine who died in 1981, has been quietly removed from a national honour, to be replaced by a volunteer award bearing the prime minister's banner.

The Thérèse Casgrain Volunteer Award was started in 1982 by the Liberal government of Pierre Trudeau.

It honoured Canadian activists such as June Callwood until it was eliminated — unannounced — by the Harper government in 2010.

An image of Casgrain and her namesake volunteer award medal also disappeared from Canada's \$50 bank note in 2012, replaced by the image of an icebreaker on a new currency series.

An image of the so-called Famous Five women was re-

moved from the same bank note.

"It was a very difficult thing for the family to see the award disappear all of a sudden," Michele Nadeau, Casgrain's granddaughter, said in an interview. "It was a great disappointment."

Human Resources and Skills Development Canada, which had administered the Casgrain award, was instructed in 2010 to create a Prime Minister's Volunteer Award in its place, to be handed out in a ceremony each year presided over by Stephen Harper.

Casgrain fought for the right of Quebec women to vote, which they finally won in 1940. She also became the first female leader of a political party in Canada, heading the CCF in Quebec, and was appointed to the Senate in 1970 by Trudeau.

Pierre Nolet, a spokesman for Employment and Social Development Canada, says discussions took place with the Casgrain Foundation and it was decided that Human Resources and Skills Development Canada end the program.

Nadeau, however, says her family and the Montreal-based Thérèse Casgrain Foundation, which she heads, were not



Michele Nadeau, president of the Thérèse Casgrain Foundation, holds a replica of a stamp depicting her grandmother Thérèse Casgrain in Montreal on Friday. GRAHAM HUGHES/THE CANADIAN PRESS

consulted.

The Casgrain Award was killed once before by the Progressive Conservative govern-

ment of Brian Mulroney in 1990, but was revived in 2001 by the Chrétien Liberals.

THE CANADIAN PRESS

## Second amendment. Judge strikes down D.C.'s ban on carrying handguns

A federal judge struck down the U.S. capital's ban on carrying guns outside of a person's home, concluding it violates constitutional rights.

The ruling from U.S. District Judge Frederick J. Scullin is the latest in a protracted fight over gun laws in Washington, D.C. In 2008, the U.S. Supreme Court issued a landmark decision striking down the city's 32-year-old ban on handguns. Since then, the city has rewritten its laws, lawsuits have been filed and even Congress has waded into the fight.

In a decision made public Saturday, Scullin concluded that the Second Amendment gives people the right to carry a gun outside the home for self-defence. He cited two U.S. Supreme Court cases as important to his ruling — the 2008 opinion striking down the District of Columbia's ban and a 2010 ruling involving Chica-

go's handgun ban. The Second Amendment of the U.S. Constitution guarantees the right "to keep and bear Arms."

"There is no longer any basis on which this court can conclude that the District of Columbia's total ban on the public carrying of ready-to-use handguns outside the home is constitutional under any level of scrutiny," wrote Scullin, who was appointed by President George H.W. Bush and is a retired Army colonel.

The city rewrote its rules after the 2008 Supreme Court decision. Residents were required to register their guns and keep them in their homes. Gun owners also have to take a safety class, be photographed and fingerprinted, and re-register their weapons every three years. Those requirements were challenged in court but upheld by a federal judge in May.

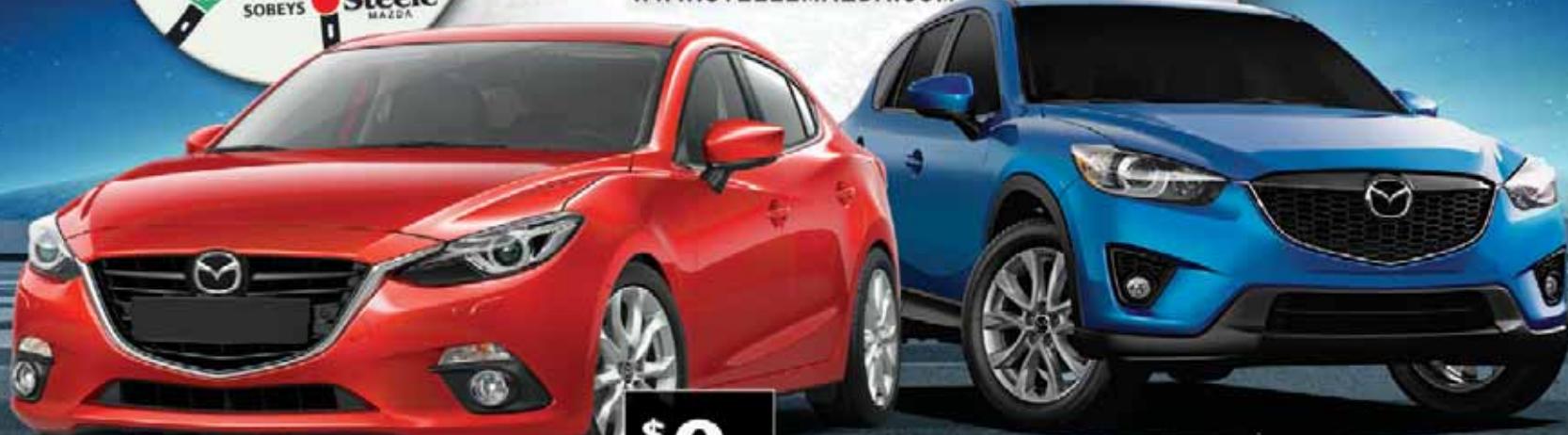
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# Singin' the financial summertime blues



HOW  
TO ROLL  
Alison Griffiths  
metronews.ca

Oh, those summertime blues! There's something about being halfway through the sunny season that makes us sag. All those warm weather projects you dreamed up in rainy April are on the shelf. Here are four financial boohoo's for July.

## 1. Employment

The jobless rate hit 7.1 per cent, putting us on par with the United States. However, our neighbours to the south saw a year-over-year decline of 1.4 per cent in the unemployment rate.

Worse, the student unemployment rate is 12 per cent, unhealthily high for all those hoping to finish post-secondary studies without a mammoth student debt.

Even worse, youth unemployment (for those under

## Just the stats

**\$36**

A basic, light-use cellphone plan cost \$31 in 2013 in Canada. Today's cost is \$36 (not including taxes, access fees, etc.).

Source: The Wall Report

25 and not in school) is stuck at 13.4 per cent. That's bad news for parents hoping to use their basements for something other than storing their jobless offspring.

## 2. The economy

Growing at a snail's pace, in short. On an annualized basis, growth as defined by GDP (gross domestic product) in July was a meagre two per cent. For the likes of you and me, that means continued high unemployment particularly among the under-35 crowd.

basis. How unfair!

## 3. Interest rates

While some will cheer four years and counting with the prime rate firmly rooted at a historically low three per cent, I will play the Gloomy Gus. Ultra-low rates are actually keeping first-time buyers out of the market as real estate prices nationally keep rising in most major markets.

Also, low rates are a killer for seniors and fixed-income investors. Desperate for income, many are turning to stocks and equity mutual funds to boost their returns. This is a terrible idea because such investments are far riskier.

## 4. Cellphone hit

Yay! Cellphone contracts are now capped at two years. Boo! In response, the wireless cabal is increasing basic rates. I call that giving with one hand and taking with the other.



## 'Dumpcano,' and the budget fight to quench it, rages on

A stubborn dump fire smoulders away in Iqaluit, Nunavut, in this aerial view taken by fire officials on May 23. Although no flames are visible, the fire began May 20 and has been smouldering ever since. Government officials are to meet this week to consider a plan for putting out the fire that has been fouling the air in Nunavut's capital for more than two months. The city of Iqaluit just doesn't have the \$2.2 million it would take to quench the blaze and its nostril-searing smoke, said fire chief Luc Grandmaison. "We're asking them (the territory) to help us with resources." The fire has been dubbed the "dumpcano" — a term Grandmaison regrets having coined, because he feels it belittles the seriousness of the situation.

IQALUIT FIRE DEPARTMENT/  
THE CANADIAN PRESS

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# DEXTER RIGHT TO SHUN YARMOUTH?

Perhaps Darrell Dexter was right. I mean the circa-2009 Darrell Dexter who—flushed with electoral victory and oozing political hubris—unleashed his freshly anointed pocket-calculator brigade on the question whether to keep propping up the Yarmouth-Portland ferry.

The number of passengers had been in steady decline (165,000 in 2002 to 75,000 in 2009), government subsidies in even steeper incline (\$1.5 million in 2006 to \$6 million in 2008). It was unsustainable.

So Dexter cut the government lifeline. The service sank, but with traces. Cancelling ferry service was politically explosive in southwest Nova Scotia, which needed even declining ferry tourism revenues to survive.

So circa 2012 Darrell Dexter—no longer victory-flushed, his government now desperately seeking its own lifeline—commissioned a study “to clearly define the require-



URBAN COMPASS  
**Stephen Kimber**  
halifax@metronews.ca

ments for a viable ferry service between Yarmouth and the United States.” That led to a “considerable uncertainty,” hail-Mary recommendation to re-launch the service, which led to a tentative deal with the operators, which led to... before the NDP could sign the contract, the voters tossed them from office.

Which left Stephen McNeil’s new government to claim credit or assume blame for whatever happened next. What happened is not what anyone hoped for. Spring was colder and longer than expected; Maine’s government less willing to come through with an expected loan guarantee; paying passengers fewer in number than projected; discounts to lure them steeper than budgeted; Arthur an unplanned-for, post-tropical schedule scuttler; and that lucrative warm-winter route for the ferry to offset expected summer losses still just a dream.

Last week, the Nova Scotia government advanced the strug-

## Political bomb dropped

Cancelling ferry service was politically explosive in southwest Nova Scotia, which needed even declining ferry-tourism revenues to survive.

gling ferry’s operators another \$1.5 million. Since it stuttered into service three months ago, the government has forked over all \$21 million it had budgeted to bring the service to break even over the next seven years. And McNeil can expect to pony up considerably more before he’s done.

The Liberals, predictably, blamed the NDP devils for the details. But McNeil’s Liberals, like Dexter’s NDP, decided the gamble was worth it.

The lesson in the end may not be about who’s to blame but the reality that there are no easy answers in a small province with too few resources and too many problems.

## LOOKS PEATY FUN



Stephen McDonagh takes part in the Irish Bog Snorkelling championship at Peatlands Park Sunday in Dungannon, Northern Ireland. Held on International Bog Day, the annual event sees male and female competitors swim the 60-metre length of the bog as scores of spectators watch.

ALL PHOTOS CHARLES MCQUILLAN/GETTY IMAGES

### Get bogged down in the facts

In bog snorkelling, competitors complete two consecutive lengths of a water-filled trench, cut through a peat bog, in the shortest time possible. Competitors must wear snorkels and flippers, and complete the course without using conventional swimming strokes, relying on flipper power alone.

- The activity started in 1976 near Llanwrtyd Wells, Wales, U.K.

- It began as a result of an over-the-bar conversation in a bar between a few regulars.
- The World Bog Snorkelling Championship, first held in 1985, takes place annually every August Bank Holiday at the dense Waen Rhydd peat bog, near Llanwrtyd Wells in mid-Wales.

SOURCE: WIKIPEDIA

### For the win

# 1 min 23.13 seconds

The current world record holder in bog snorkelling, Dineka Maguire, set a time of 1 minute 23.13 seconds, at a speed of 4.75 kilometres an hour.

## Political bomb dropped

Cancelling ferry service was politically explosive in southwest Nova Scotia, which needed even declining ferry-tourism revenues to survive.

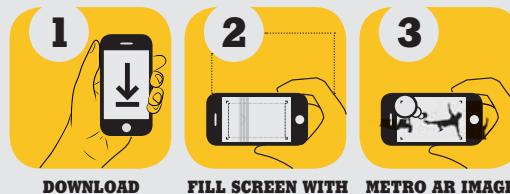
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### MetroTube

## If this ain't puppy love, it doesn't exist

 **ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Aside from rare talents such as Grumpy Cat or Maru, most of our pets don’t really contribute much to the household aside from good looks, amusing antics and maximum love.

But that’s cool, pets. We know the arrangement. You can’t all be Grumpy Cat.

But you can be more like Casey the Schnauzer here, who loses her damned mind when owner Rebecca Ehalt returns home after a two-year absence. Actually, she sort of loses her body, as well. (Rebecca Ehalt/YouTube)



METRO PHOTO ILLUSTRATION

## Analysis

## What you missed at Comic-Con



Wonder Woman CONTRIBUTED

## 1. The big surprise? No surprises.

This was the apparently the year of studios keeping things to themselves. No big casting revelations like Doctor Strange or Captain Marvel, no new comic book movie release dates announced. Marvel, DC and their respective studios showed the fans a good time, sure, but not necessarily their money's worth.

## 2. Wonder Woman

While it wasn't really a surprise, it was nice of Zack Snyder to unveil the first image of Gal Gadot as Wonder Woman in the upcoming Batman v. Superman: Dawn of Justice. And of course that immediately led to hours of debate online about whether the costume was the best thing ever or the worst thing ever.

## 3. Bring on Last of Us

OK, here's some big news: One of the most ambitious and most successful video games in recent years, the dystopian Last of Us, is making the jump to the big screen thanks to director Sam Raimi (Spider-Man, Drag Me to Hell).

## 4. TV takes over

This Comic-Con was pretty lacklustre as far as film was concerned compared to previous years, but the current Golden Age of Television — and legions of fans — made up for it, with packed houses for the likes of Game of Thrones, the Walking Dead and Hannibal. Who needs to go to the multiplex, anyway?

## 5. The Walking Dead BBQ of questionable taste

As far as promotional events go, inviting fans to a barbecue on a replica set from your hit series is a great idea — except when, like with the new season of The Walking Dead, the setting in question is rumoured to be run by cannibals. It left a bad taste in my mouth. **NED EHRBAR/MWN**

# Welcome to the best day party at Comic-Con

**Wired Café.** Metro sits down with Wired's publisher to learn what happens behind that velvet rope



NED EHRBAR

Metro World News in Hollywood

For six years running, Wired magazine has been giving media and entertainment professionals a respite from the insanity of Comic-Con with the Wired Café, an all-day lounge just removed enough from the Convention Center and packed with food, drink and gadgets galore. And in that time it's become one of the hotter tickets in town. We talked to Wired Publisher Howard Mittman about keeping the Café fresh.

## Establishing yourself at Comic-Con

"We really thought long and hard about how to package and position ourselves here and whether or not we felt like we had the permission with our brand to be here and what we can contribute," Mittman says of the early days. "So noticing that everyone else was shouting over themselves at night, creating something of value and importance during the day to court those people who are all getting the exact same invitations after dark was a really nice way for us to stand out."

## Giving the people what they want

"For us, the Wired Café has been an oasis in the middle of



Actor Pedro Pascal who plays Oberyn Martell on Game of Thrones, attends the WIRED Café at Comic Con in San Diego last week. GETTY IMAGES

Comic-Con for what I like to say is the Five Percenters — the five per cent of people here who aren't just fans but are the industry that propagates this, be it Hollywood or bloggers," he says. "I think a part of this experience is bringing just enough of what happens out

side of our four walls in without allowing too much. I think also the level of exclusivity that it brings — intentionally putting a velvet rope up around it and making it so that it is some place where only those whom we've invited can come in — keeps it special and keeps

## Preview. Video game fans get movie trailer treat

The first trailer for Hitman: Agent 47 was unloaded at Comic-Con. Footage from the video game adaption starring Homeland co-star Rupert Friend as a genetically engineered assassin debuted Friday at the pop-culture convention. Friend wasn't present to show off the trailer because he's shooting the next season of Homeland in South Africa, but his Agent 47 co-stars Hannah Ware and Zachary Quinto were on hand for the San Diego unveiling.

THE ASSOCIATED PRESS



Zachary Quinto.

GETTY IMAGES

## Announcement

## Comics get TV treatment this year

Four DC comics brought to life for television took over the San Diego Convention Center's 6,500 seat Hall H at Comic-Con on Saturday night.

Gotham premieres on FOX on Sept. 22, The Flash debuts Oct. 7 on The CW, Arrow returns to The CW on Oct. 8 and Constantine comes to NBC on Oct. 24.

THE ASSOCIATED PRESS

## AUGMENTED REALITY

→ It was a dark season on Game of Thrones, but that didn't prevent the cast from flubbing some of their lines. Scan this photo with your Metro News app to see some season 4 bloopers!



→ See the full instructions on Metro's Voices page.

it something that has a bit of a gravitas above the traditional event here."

## Establishing a reputation

"What we have seen over the last handful of years is that obviously as it gains in notoriety and gains in exposure and popularity, like anything it becomes easier to push out," Mittman says. "We've seen a huge shift, frankly, in the way that celebrities and more specifically their management teams and P.R. representatives are seeking us out to make sure they are on the list to be here, and that's a really nice change from six years ago when we launched it and we were trying to lure people."

## Dealing with imitators

"Look, we didn't invent the party, right? We weren't the first people to throw a party during the day, but I think we were the first brand that has the ability to combine the sort of power and access of Hollywood and entertainment with the thought-leading ..."

## Missing out

## Marvel's main man misses Comic-Con

Stan Lee was missing in action at Comic-Con. A spokesman for the 91-year-old co-creator of superheroes such as The Avengers, X-Men and Spider-Man says Lee lost his voice because of laryngitis. The former Marvel Comics editor-in-chief has been a constant presence at San Diego Comic-Con since the convention launched in the 1970s. THE ASSOCIATED PRESS



Kristen Stewart ALL PHOTOS GETTY IMAGES

## Director finalizes split from wife after Stewart affair

Two years after Rupert Sanders' affair with his Snow White and the Huntsman star, Kristen Stewart, the British director's marriage to model Liberty Ross is over. The pair finalized their divorce last week, citing irreconcilable differences, according to TMZ. Court docu-

ments show that Ross gets the couple's house in Los Angeles, two of their London homes, 15 per cent of any profits from any of Sanders' movies, half of all their liquid assets, \$300,000 a year in spousal support and joint custody of their children, Skyla, 10, and Tennyson, 8.



## Theron's new gold ring hints at Penn engagement

Charlize Theron fuelled speculation that her whirlwind romance with Sean Penn will soon become legitimate when she stepped out wearing a telltale ring on her ring finger. Theron flashed the sparkling piece

of jewelry while passing through LAX airport recently, and E! News has identified it as an 18-karat yellow gold Anita Ko Leaf Ring that retails for \$4,900.



### Twitter



@ladygaga

All I want is vintage designer and frenchies. Is there a place I can go for help? A hospital perhaps?



@MarlonWayans

I don't regret ... I just rejoice.



@mindykaling

I should be a detective, I always find out about everything.

### The Word

## Pink puppy pic ends rumours of Miley's death



STARGAZING

Malene Arpe

scene@metronews.ca

Fans feared that Miley Cyrus had died after she failed to post anything on social media for three whole days. Fortunately, she finally resurfaced and posted a picture of a pink puppy wearing a hat made of feathers, eating a bag of weed while sticking its tongue out at old people.

This week in couples who are probably only in it for the publicity. 1) Ian Somerhalder and Nikki Reed are photographed canoodling at a farmers' market. 2) Sofia Vergara and Joe Manganiello are photographed strolling hand-in-hand. 3) Zac Efron is seen leaving Michelle Rodriguez's house in the morning with an overnight bag and a skateboard. 4) Wait. What did they use

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



the skateboard for? We may have to re-categorize the relationship as "possibly real."

Brody Jenner says he didn't go to step-sister Kim Kardashian's wedding because he doesn't know Kanye West "at all." As excuses go, it's somewhat better than, "I accidentally got stuck in a lot of rhubarb," but not as good

as, "I was kidnapped by a duo of utterly incompetent female criminals and forced to dance for pennies in an unpopulated area."

Brad Pitt and Angelina Jolie's first film together since Mr. & Mrs. Smith will be called *By the Sea*. It's the tale of a fisherman and his wife who are so hot and into each other that they forget to fish and die of hunger.

Things we don't want to hear any more about. 1) The super-creepy Trivago guy. 2) Sandra Bullock starring in a biopic about Brownie Wise, the creator of the Tupperware party. 3) Adam Levine's wedding. 4) Prince George and that stupid butterfly. 5) How Beatle George Harrison's memorial Los Angeles tree was eaten by ... wait for it ... beetles.



Chris Martin

## Gwyneth, Chris Martin still in love

Chris Martin is really terrible at this whole splitting up with your wife thing. The Coldplay frontman caved during a recent interview and talked about his separation from Gwyneth Paltrow, and he couldn't stop himself from being really nice. "The thing we told everyone at the beginning of the year is true. We are very close. We are not together. But we're, you know, that's the truth and that's it. You know, there's a lot of love. No scandal, I'm afraid. I wish I could give you scandal." Me, too, Chris.

## Mushrooms are good, chemicals are bad

Susan Sarandon probably has more fun at Burning Man than you do on your average weekend. The star got candid about her feelings on drug use during an interview with the Daily Beast: "I'm not new to the idea of mushrooms," she admits. "I don't really like chemical things, really. Timothy Leary was a friend of mine, so that acid was nice and pure, but I'm not really looking for chemicals, and I don't like to feel speedy. But I've done Ayahuasca and I've done mushrooms and things like that. But I like those drugs in the outdoors — I'm not a city-tripper."



Susan Sarandon



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# Stop spending, start saving

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**GAIL  
VAZ-OXLADE**

Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

Folks always think they're going to have plenty of time to save ... later. There are so many other demands, from student loans still dogging our steps to mortgages recently acquired. It's easy to push savings to the back burner. But when you ask 40- and 50-year-olds what they would have done differently with their money, they say, "I would have started saving earlier."

We love to pay lip service to how important it is to save. And we all know that getting our debt paid off should be a priority. So why do we delay taking steps to making savings and debt repayment happen? Perhaps it's because we haven't made the things we say are important into things urgent enough to do something about.

If you start saving in your early 20s, you need only put away about six per cent of your take-home pay to end up with enough to maintain the lifestyle you enjoyed before you retired. Wait until you're in your 30s to start and you must stash 10 per cent. Procrastinate until you're in your 40s and you'll have to sock away 18 per cent of your after-tax income to have what you'll need.

So would you rather save six per cent of your cash flow over your working life or have to come up with 18 per cent



**Tucking away those dollars now will pay off big-time down the road.** iSTOCK

just as your kids are heading into university?

Saving doesn't mean ignoring your debt. If you're carrying a balance on your credit card or line of credit, getting it paid off must be a priority. But, as long as you are "not saving," you will find it too easy to continue not saving. Creating an automatic savings program with as little as \$25 a month will put momentum on your side. It also puts time on your side so you won't have to take as much out of your cash flow to have what you need later.

If you let spending get in the way of savings and debt repayment, you'll get to the end wondering where all the money went. Paying down your debt or ramping up your savings may not be as sexy

as a sunny vacation, but the benefits will last longer. And it doesn't take a lot to make a big difference. Add an extra \$100 to your monthly payment on your \$250,000 30-year mortgage at 4.5 per cent and you'll knock almost \$33,000 off your interest costs over the life of your mortgage. You'll also get to mortgage-free four years faster.

People come up with all kinds of excuses for delaying their debt repayment or not setting aside any money for the future. Usually it's because we just don't want to stop doing what we're doing. From the small expenses like that smartphone's data plan, to buying \$5 cups of coffee or dropping the odd \$40 on take-out, we find it far easier to keep doing what we've always

done. In the moment, consumption feels more urgent than the need to save or pay down debt.

Your spending habits are all distractions from savings and debt repayment.

Eliminate a bad habit or three, forgo an indulgence, eliminate a bill or cut an essential cost back and you'll have some money to throw at your debt. Round up, accelerate, prepay and you'll be able to say, "I'm mortgage free" that much sooner.

Choosing to prioritize mortgage repayment or paying off that line of credit over consumption of something new, sparkly or luscious can feel like settling for salad when you're in a gourmet restaurant. But being disciplined enough to put your financial

## Get serious!

If you're serious about savings and debt repayment, here's what you'll do:

1. Set a goal. Decide how much you want to have saved and by when. Or create a debt repayment plan with an end-date for your debt. Write it down and post it on your fridge, on your office wall and on your bathroom mirror.
2. Go over your spending and decide what you're going to stop spending money on so you have the money to save or pay down the debt.
3. Do it.
4. Track your success and reward yourself for each milestone you hit.

security above your need to scratch your consumption itch is what being responsible is all about.

The last thing you want to do is head into retirement still owing money. Mortgage pay-down and saving for the future won't be sexy unless we make them sexy.

Calculate what you're saving in both interest and time by getting to mortgage-free faster and post it where you can remind yourself of your goal. Track what you're accumulating in savings as you go and you'll have the satisfaction of knowing you're ready to retire because you can see the results of your hard work.

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Property: **ALL** that certain parcel of land known as 107 Crescent, Eastern Passage, Halifax County, Halifax County, Nova Scotia also known as PID 40764284 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number 98701890. The parcel has been registered pursuant to the *Land Registration Act*. This parcel is subject to restrictive covenants which are more fully described in book 6425 at page 228 and subject to a development agreement more fully described in book 5565 on page 988 as amended in book 5699, page 219 and book 5978, page 87 and book 6007, page 147.

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<b>4</b>	Hedley <b>Heaven In Our Headlights</b>
<b>3</b>	Jason Derulo ft Snoop <b>Wiggle</b>
<b>2</b>	Sam Smith <b>Stay With Me</b>
<b>1</b>	Nico & Vinz <b>Am I Wrong</b>

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# My job brings me joy and I'm not afraid to say it!



Employees of today value a workplace that makes them feel involved and important. ISTOCK

**Canadians content with careers.** Most employees don't care about titles and promotions as much as bonuses and salary, Capital One survey finds

Most Canadian workers really like their jobs, and they're proud to say so.

According to a new Capital One survey, Canadians are very satisfied employees indeed — so much so that 69 per cent say they are not only proud to work for their current employer but enjoy telling people what they do for a living and would like to stick around for few years.

Recruiters take note, though: nearly three-quarters (72 per cent) of workers say that given the choice, they would stay with their current employer for at least two or three more years, reveals the report released Thursday.

The results refute the belief that Millennials, those aged 18 to 34, lack commitment and prefer frequent job-hopping, with two-thirds of younger Canadians saying they would be more than happy to stay put for the next three years, noted Jenny Winter, who heads human resources at Capital One.

"It's interesting and validating," said Winter, whose firm employs a substantial number of young workers.

"With the job market looking increasingly unstable and the high Baby Boomer population struggling with job security, Millennials are clearly looking for stability and have a strong desire to stay in their jobs," said Winter.

After being named one of the 50 best large workplaces in Canada this year by the Great Place to Work Institute, Capital One wanted to get a better sense of what Canadians value in an employer in order to attract and maintain top talent in the competitive financial services sector, Winter explained.

The survey of 1,500 people across the country found that titles are overrated. Only one in 10 people surveyed put a

promotion at the top of their wish list, while regular bonuses and annual pay increases were number one with 37 per cent of respondents.

While compensation is a top priority for employees, the study found that more than half of Canadians (51 per cent) believe work/life balance is more important than money. Forty-four per cent cited flexible working hours and the ability to work remotely as one of the top three things employers can do to increase job satisfaction.

Personal and professional development were also revealed as motivators, with 41 per cent saying they prefer opportunities to take courses and attend conferences related to their professional development to increase job satisfaction.

Twenty-four per cent also said that mentoring from senior staff is most likely to keep them content at work.

## Ditching the desk

- The top three things employers do to make workers consider quitting their job include bad workplace morale at 18 per cent, constantly increasing workload without financial reward at 17 per cent and not feeling appreciated at 13 per cent.

TORSTAR NEWS SERVICE

## Analysis

### What's right for you or what's right in front of you?



LESSONS FROM THE DESERT  
Stéfan Danis  
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

When facing adversity with fear omnipresent, most of us will invariably choose the option of least resistance. We'll choose whatever's in front of our eyes without questioning what's right for us.

After running the Gobi and the Atacama, I signed up for the Sahara Race along with eight other local executives to raise money for a charity.

None had ever run an ultra-marathon before, let alone a multi-day one. Consequently, I was the de-facto "coach." My brief to the group was daunting but simple: Build up



Remember that the right option for you might not be the most obvious. ISTOCK

to running long distances, but cross-train and stretch in equal measure.

Not unlike my own struggles when I prepared for my first race, they, too, fell into the trap. So worried about having a strong enough running base to complete the Sahara, they focused on doing just that: running. A lot!

Despite knowing it would be best to vary the training and do what was best for their bodies, they kept on running, each

time adding the strain of running's repetitive motion which ultimately led to fatigue and injuries.

Most of us just can't help ourselves. When under stress, if the little voice inside us is screaming to stop and think, it may just be time to listen. If not, we perpetuate doing what's right in front of us as opposed to what's right for us.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



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# Sun-dried tomatoes add a burst of flavour to boring old burgers

## Miniature Sun-dried Tomato Burgers with Goat Cheese.

This dish proves that good things come in small packages



ROSE REISMAN  
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## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

There are endless possibilities for adding zest to your summer grilling when you make your own burgers. Sun-dried tomatoes, for example, give burgers a unique flavour.

I like to buy sun-dried tomatoes in bulk and keep them in the freezer. To rehydrate them, I either soak them in hot water for 15 minutes or cover them with water and microwave on high for one minute.

For a less carb-laden burger, skip the bun. Just make smaller burgers and garnish them with a dollop of goat cheese and chopped sun-dried tomatoes.

Feel free to substitute goat cheese for another cheese. Meat-wise, choose chicken, pork or turkey for the ground beef.

If you're using red meat, the key to keeping it healthy is to use lean ground beef.

**TOTAL TIME**  
ABOUT 20  
MINUTES

This recipe serves four. ROSE REISMAN

Four ounces of lean ground beef has only 190 calories, seven grams of fat and three grams of saturated fat. Compare that to regular ground beef, which has over 300 calories, 20 grams of fat and eight grams of saturated fat for the same portion.

That makes a huge difference in your daily eating habits!

### Directions

1. To make burgers: In bowl, combine all burger ingredients. Form into 8 smaller patties.

On a grill sprayed with cooking spray, cook patties on one side over medium heat for 5 minutes. Turn and cook 3 to 5 minutes longer or until cooked through. (Alternatively, bake in preheated 450 F oven for 10 minutes or until cooked

through, turning once.)

2. To make sauce: In a small bowl, mix sauce ingredients.

3. Place a slice of tomato on large serving plate. Place one burger on tomato and garnish with sauce and top with goat cheese and sun-dried tomatoes. Repeat with the remaining burgers.



## Ingredients

### Burgers

- 1 lb extra lean ground beef
- 1/4 cup dry seasoned bread crumbs
- 1/4 cup chopped rehydrated sun-dried tomatoes
- 3 tbsp barbecue sauce or ketchup
- 1 egg
- 2 tsp minced garlic
- 1 tsp dried basil
- 1/2 tsp dried oregano

### Sauce

- 3 tbsp barbecue sauce
- 2 tsp light mayonnaise

### Garnish

- 3 tbsp crumbled goat cheese
- 1/4 cup finely diced sun-dried tomatoes
- 8 slices tomato

## Nutritional information

### Per serving

- Calories. 280
- Carbohydrates. 8 g
- Fibre. 1.3 g
- Protein. 28 g
- Total fat. 15 g
- Saturated fat. 6 g
- Cholesterol. 140 mg
- Sodium. 450 mg

# Reinvent hummus with black olives

Homemade hummus and chips

## Ingredients

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini (sesame seed paste)
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp crushed garlic
- 1/2 tsp chili paste
- 1/3 cup finely diced black olives
- 2 tbsp chopped basil or parsley for garnish

are the perfect pairing.

This hummus recipe is not only delicious and healthy, it's also a fantastic snack for summer. Using black olives makes it a great twist on the traditional dip. You can also try green pitted olives.

Serve the hummus with homemade tortilla crackers. These are easily made by cutting two flour tortillas into 8 wedges each.

Place the cut tortillas on a baking sheet, spray them with vegetable oil and sprinkle with two tablespoons of grated Parmesan cheese, and salt and



This recipe makes 1 1/2 cups. ROSE REISMAN

pepper. Bake your homemade tortillas at 350 F for 10 to 12 minutes or just until crisp.

1. Add the chickpeas, tahini, water, oil, lemon juice, garlic

and chili paste to the bowl of a food processor. Purée until smooth. Add olives and, combined and garnish with the basil. **THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN**

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**Michael Strahan**

## Hall of fame career started with humble objective

Michael Strahan had one objective in mind when he was selected by the New York Giants in the second round of the 1993 NFL draft out of Texas Southern.

"My goal when I first started was just to make a little money so I didn't have to move back to my parents' house," he says. "I didn't want to disappoint my parents. So that was my goal, to kind of just make my

parents proud, make them happy, play as hard and just do the best I could do."

The best he could do was pretty good: Strahan will

be inducted into the Pro Football Hall of Fame on Saturday night.

The co-host of the "Live! With Kelly and Michael" morning show retired from football with 141 1/2 sacks and a Super Bowl championship under his belt.

THE ASSOCIATED PRESS



**Michael Strahan**  
GETTY IMAGES

**NASCAR**

## Gordon wins fifth Brickyard 400

With a tinge of grey hair at his temples, his hat on backward and his two young children by his side, Jeff Gordon celebrated as if he was 23 years old again.

Gordon won a NASCAR-record fifth Brickyard 400 on Sunday, eight days before his 43rd birthday and on the weekend Indianapolis Motor Speedway celebrated the 20th anniversary of his first Brickyard victory.

THE ASSOCIATED PRESS

**Tennis**

## Isner powers his way to a successful title defence

Top-seeded John Isner overpowered Dudi Sela on Sunday to successfully defend his Atlanta Open title, blowing serve after serve in a 6-3, 6-4 victory.

Serving for the match, Isner fell behind 0-30 before ripping three straight aces for the win as Sela watched almost helplessly. Isner finished with 15 aces to Sela's two.

THE ASSOCIATED PRESS

**Joining an elite club**



**"Baseball is a game of life. It's not perfect, but it feels like it is."**

Joe Torre, who was enshrined into the baseball hall of fame in Cooperstown, N.Y., on Sunday along with former slugger Frank Thomas, pitchers Tom Glavine and Greg Maddux, and managers Bobby Cox and Tony La Russa.

# Furyk can't shake off Clark

## Canadian Open.

South African golfer's final-round surge earns him his second PGA Tour win, cool \$1M

When Jim Furyk's charge to a third RBC Canadian Open title stalled in the final round, Tim Clark decided to go for it.

The 38-year-old South African, whose wife is Canadian, fired five birdies on the back nine to overtake Furyk on the 15th hole and hold on to win the tournament at Royal Montreal on Sunday.

Clark shot a 5-under-par 65 to finish at 17-under-par 263 and claim his second career PGA Tour victory and the US \$1.026-million winner's prize.

"It looked like Jim wasn't going to make any mistakes," said Clark, who had moved into contention with a 64 on Saturday. "He was pretty solid, so I knew I had to make birdies."

### AUGMENTED REALITY

Scan the image with the Metro News app for a gallery of Sunday's final round of the Canadian Open.



See the full instructions on Metro's Voices page.



Tim Clark, right, is congratulated by Jim Furyk for winning the Canadian Open golf championship on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

## MLB. Blue Jays break Bronx curse to pull ahead of Yankees in standings

Dioner Navarro hit a go-ahead single with two outs in the ninth inning, and the Toronto Blue Jays rallied after wasting three leads to beat the New York Yankees 5-4 Sunday for their first series win in the Bronx in nearly two years.

After snapping a 17-game skid at Yankee Stadium on Saturday, Toronto did not relent in the humidity. Jose Bautista reached on a fielder's choice against David Robertson (1-3) in the ninth, stole second without a throw and

### Next stop: Fenway Park

Next for the Blue Jays is a trip to Boston to face the Red Sox. R.A. Dickey (8-10) will start Monday.

scored on Navarro's liner to centre field.

With the win, the Blue Jays left town with a one-game lead over the Yankees for the second AL wild card.

THE ASSOCIATED PRESS

**Commonwealth Games**

## Canada earns pair of bronze medals

Canada picked up a bronze in the pool and another on the cycling track on Sunday at the Commonwealth Games.

Victoria's Hilary Caldwell finished third in the women's 200-metre backstroke, while Quebec City's Remi Pelletier-Roy did the same in the men's 20-kilometre scratch race.

That brings Canada's overall medal haul at the Games to 18 — seven gold, three silver and eight bronze.

THE CANADIAN PRESS

## Cycling. 'Flag-bearer of anti-doping' crowned Tour de France champion

Vincenzo Nibali won the Tour de France on Sunday, becoming the first Italian in 16 years to triumph in cycling's greatest race by chiselling a lead over his main rivals a few seconds at a time and dominating them in the mountains.

The 29-year-old Sicilian, who during the race called himself "a flag-bearer of anti-doping", finished in a bunch behind Marcel Kittel, who won the 21st stage in a sprint finish. THE ASSOCIATED PRESS



Vincenzo Nibali won the Tour de France on Sunday.

PETER DEJONG/THE ASSOCIATED PRESS

4  
SPORTS

# Let's say Michael Vick is like fine wine

**At 34.** Now a backup, Jets veteran takes on mentor role hoping he can shine himself

Michael Vick dropped back, peered down the field and flicked his wrist, effortlessly zipping the football about 50 yards into the arms of a wide

receiver running in stride.

"Whoa!" one young fan shouted at a recent training camp practice. "Man, he's still got it!"

Thing is, Vick also believes he can not only be a starter in the NFL, but a star. Right now, he's in line to back up Geno Smith this season. And, just as he did last year in Philadelphia, he's doing everything he can to help a young quarter-

**Yes, he can**

**"He can still throw it now, like, wow, can he throw it."**

Jets head coach Rex Ryan

back get better as a high-profile mentor.

"I'm going to be a guy that's going to be able to help Geno.

"But if this team needs me to play, I'm going to be ready to play."

Vick is still hungry to be what he once was: one of the league's most dynamic players. Vick is 34, though, and some see him more as a big-name backup with plenty of experience rather than a potential starter.

Not Vick. Not yet.

THE ASSOCIATED PRESS



Michael Vick at the Jets training camp on Friday. THE ASSOCIATED PRESS

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## AUGMENTED REALITY

**Stuck on 12 Across?**  
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→ See the full  
instructions  
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Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

March 21 - April 20

Yes, your life is in a bit of a rut but you're not the sort to sit there and cry about it. Over the next few days you will get the chance to make some major changes, so start thinking now.

#### ♉ Taurus

April 21 - May 21

Today's cosmic activity means you will need to spell everything out in simple language. If you leave even the smallest room for doubt then lines will get crossed.

#### ♊ Gemini

May 22 - June 21

There is no point trying to make sense of what's going on. The more you try to analyze the situation the more complicated it will look, so leave well alone.

#### ♋ Cancer

June 22 - July 23

If you don't make an effort to slow down, you could end up crashing into an obstacle that has no give at all. Even a Cancerian needs to accept that they are not immune to failure.

#### ♌ Leo

July 24 - Aug. 23

Treat people fairly this week, even if they don't deserve it. Just because they have broken the rules does not mean you must do likewise.

#### ♍ Virgo

Aug. 24 - Sept. 23

What you are being offered may seem generous but is it really that good? The planets indicate that you should actually hold out for more.

#### ♎ Libra

Sept. 24 - Oct. 23

If what you are working on refuses to conform to your expectations maybe you should draw a line under it and go back to basics. Also, accept that it doesn't help in any way to set such difficult targets.

#### ♏ Scorpio

Oct. 24 - Nov. 22

Stop worrying what others might think about you. You are who you are for a good cosmic reason. No one has a right to suggest you be something else.

#### ♐ Sagittarius

Nov. 23 - Dec. 21

Don't just go by what others tell you. Get out into the world and experience it for yourself. You may discover that a lot of what you were told was nonsense.

#### ♑ Capricorn

Dec. 22 - Jan. 20

What you hear today may not thrill you, but neither is as bad as some people are trying to make out, so don't overreact. A negative thought can easily become self-fulfilling prophecy.

#### ♒ Aquarius

Jan. 21 - Feb. 19

Yes, you are still heading in the right direction. No, your life does not need a major rethink. Focus on putting one foot in front of the other this week and you'll move closer to your goal.

#### ♓ Pisces

Feb. 20 - March 20

Career issues seem to be taking up a lot of your energy but you know from past experience it will all come right in the end.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

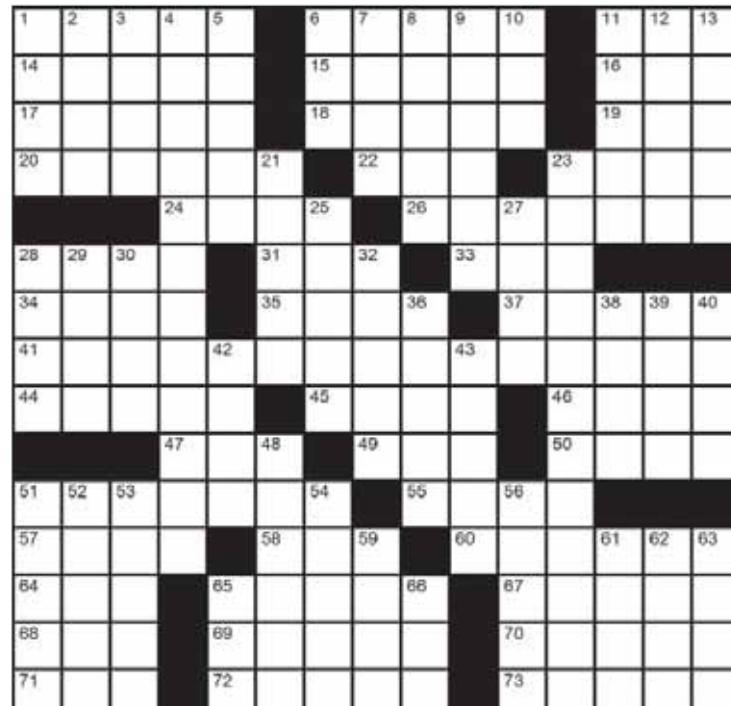
- Capt. Kirk colleague
- 6.'s of CDs, variably
11. II
- React to trying icky-tasting food: 2 wds.
- Fancy neckwear
- Dadaist Jean
- New Orleans-set HBO series
- " Harry" (1971)
- Blind Melon costume
- Felt
- Litigate
- Rime
- Keats tributes
- \_\_ Bubble Gum
- Someone from Helsinki's country
- Central
- Mr. Neill
- From the start again
- Margarine
- Jared \_\_ (Ben Chartier's portrayer on Bravo police drama "19-2")
- QOR: Reserve regiment of Canada, founded 1860 (See #65-Across for more): 3 wds.
- Flare
- \_\_ date
- Treadmills music video band: 2 wds.
- Authorize
- Tibetan ox
- Actor Stephen's 51. Sparkly stuff

54. "Shoop" by Salt-n-\_\_
55. One-of-some for mascara
56. Picture-taker, briefly
57. Green \_\_ (Dragonfly found in Canada)
58. Rosemary Clooney's "Come \_\_"

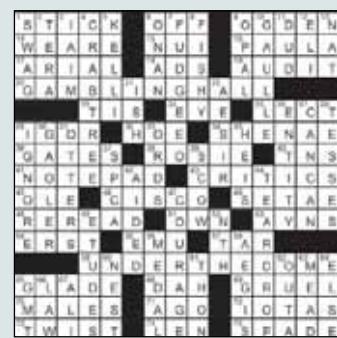
59. "My House" by Salt-n-\_\_
60. Colonel-in-\_\_ (What Prince Charles' wife Camilla is for #41-Across)
61. Writer Charles' bookish surname
62. Lamb's laugh
63. Jessica
64. Cringe
65. Debated dispute

66. As written
67. Like net-work
68. Pile
69. Drill instructors [abbr.]
70. Canadian actress
71. Moulding style
72. Glasgow, Scotland:

73. Team Canada is currently partaking in The \_\_ Games
74. Weak \_\_
75. Sitcom, "Major \_\_"
76. Egyptian Myth: Daughter of Geb
77. Tidy thoroughly
78. Elias \_\_, Montreal-born actor
79. Stench
80. Valley, in Wales
81. Comic actress Tina



### Friday's Crossword



#### Online

See today's answers at  
[metronews.ca/answers](http://metronews.ca/answers)



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

#### Friday's Sudoku

5	4	3	8	6	2	9	7	1
9	6	2	5	7	1	4	3	8
7	8	1	9	4	3	6	2	5
4	3	9	7	2	8	5	1	6
2	7	6	1	5	4	3	8	9
1	5	8	3	9	6	7	4	2
6	1	5	2	3	7	8	9	4
8	9	7	4	1	5	2	6	3
3	2	4	6	8	9	1	5	7

9	5	8	1	
3				6
5				9
9				6
2	3	1	4	9
4	6			3
6				8
5			7	
9	1	6	2	

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\*Plus taxes, freight & fees. While quantities last. In stock only. May not be exactly as shown. See dealer for details.